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HealthWATCH

A RESOURCE FOR YOUR GOOD HEALTH WINTER 2015

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Palliative Care is not Hospice Care



Elyn Lee, M.D., Swedish Palliative Care
and Symptom Management Clinic

If you are surprised that palliative care is not hospice care, you are not alone. Many patients, and even some doctors, think palliative care is only for patients who need end-of-life care. That just isn't the case. Because of this misunderstanding, many patients are missing out on services that could be very helpful as they try to cope with an illness.

"Sometimes patients live with chronic illnesses that are not curable," says Elyn Lee, M.D., a palliative-care specialist at Swedish. "These patients have special physical, spiritual and emotional needs. Like all of us, they want maximum quality of life while living with their illness."

Outpatient palliative care focuses on helping patients manage their symptoms, acquire knowledge, navigate difficult medical decisions, and find ways to stay out of the hospital, remain at home and enjoy life. To do this, palliative care specialists integrate psychological, social and spiritual aspects of care with therapies to relieve pain and other distressing symptoms. Sometimes a patient just needs someone to talk to, someone who has the compassion, understanding and expertise to provide the necessary resources and comfort. These patients are able to find that support from the team at the Palliative Care and Symptom Management Clinic at Swedish.

To learn more about outpatient palliative care services at Swedish, please call **206-386-2126**.

The Right Approach to Knee Pain Every Time

As we age, our knees age right along with us. Eventually, they may become a source of pain. Osteoarthritis, obesity and the loss of muscle strength all contribute to knee pain.

Over the years, the approach to knee pain has become more comprehensive. At the Swedish Orthopedic Institute (SOI), regardless of whether patients are seen first by a physical and rehabilitation medicine or sports medicine specialist, or an orthopedic surgeon, these specialists work together to ensure the patient's experience is seamless. The team focuses on reducing pain, maintaining joint function and returning the patient to daily activities as quickly as possible.

Treatment may begin with home exercise, physical therapy, bracing,

injections and/or anti-inflammatory medicine. Immediate or eventual partial or total knee replacement becomes a treatment consideration when the pain persists despite non-surgical therapies, or the osteoarthritis has progressed and the pain is uncontrollable.

Surgeons at SOI have used MAKOpasty® advanced robotic technology for partial knee replacement for many years. For patients who are good candidates for partial knee replacement, the benefits include a hospital stay of less than 24 hours, a quicker recovery, and a knee that feels and functions more like a regular knee.

For more information about joint replacement, call SOI at **206-215-9145**. To talk with a Swedish Spine, Sports and Musculoskeletal specialist, call **206-386-2677**.



Joint Replacement: The Right Choice for You?

Attend this one-hour class and learn about arthritic pain, hip- and knee- replacement surgery, and partial knee replacement using MAKOpasty from an orthopedic surgeon. The class is offered each month at multiple locations. It is free, but registration is required. Sign up today at www.swedish.org/classes.

Mammography for Women Over 75

The value of screening mammograms has been debated for many years — especially for older women. The American Cancer Society recommends women age 75 and older receive annual mammograms. Other organizations say there isn't enough research that shows a benefit, so they don't recommend mammograms for older women at all.

Henry Kaplan, M.D., and Judith Malmgren, Ph.D., both with the Swedish Cancer Institute, recently completed a study that clearly shows the benefit.

They looked at records of 14,000 breast-cancer patients, with 1,600 over age 75. Of the older women who had cancer detected by

mammogram, the majority was diagnosed with early-stage breast cancer, which was frequently treated with lumpectomy and radiation. They also had fewer mastectomies and less chemotherapy than women whose cancer was self-detected or detected by a doctor.

"The most important finding," says Dr. Kaplan, "was that there was a 97 percent five-year survival rate for older women who had cancer detected by screening mammogram, which was 10 percent greater than the others. Women are living longer nowadays, so these results show a very real benefit of annual screening mammograms for older women."

Call **1-888-MAMMO4U** (1-855-626-6648) today to schedule your annual screening mammogram at a Swedish clinic close to your home or work.



Lung Cancer Screening for Smokers and Former Smokers



All health plans — except Medicare and Medicaid — cover lung-cancer screening for eligible individuals ages 55-80. To be eligible, you must:

- Have a history of smoking 30 packs per year
- Currently smoke or have quit in the past 15 years

CMS (Centers for Medicare and Medicaid Services) has now proposed covering lung cancer screening for eligible individuals age 55-74 enrolled in Medicare and Medicaid.

Call the Swedish Tobacco Related Diseases and Lung Cancer Screening Program at **206-386-6800** for

www.seu.se/medinfo

Ballard's Emergency Department Reaches Out to Children

They arrive in scrubs with stethoscopes wrapped around their necks. These very special guests in local classrooms are staff members from Swedish Ballard's Emergency Department (ED) who volunteer as part of Ballard's school outreach program.

ED Health Unit Coordinator Karen Nissen first came up with the idea to help educate children and increase awareness about the ED's capabilities. ED Nursing Manager Wendy Connors, MSN, R.N., and Medical Director Raymond Jarris, M.D., quickly offered their approval.

"What better way to let families in our community know about what we provide children and adults than to have ED personnel in scrubs visit a classroom," says Karen.

The teams may include doctors, nurses or technicians. They are careful to present age-appropriate curriculum

that respects teachers' goals and parental sensitivities. For kindergartners, topics may include the importance of hand washing, covering your cough, and proper nutrition and physical activity. Kids don masks and gloves, and use a stethoscope. Older children may see X-rays of injuries, and learn about safety issues, how to be a good friend, the dangers of drugs and alcohol, and health-care careers.

"Two of the most impressive characteristics of the Ballard ED are their connection to our goal of creating healthy communities and their spirit of innovation," says Ballard Chief Executive Jennifer Graves, M.S., R.N. "This outreach program is a wonderful example of taking staff suggestions and moving them to fruition. It has been a pleasure to see the myriad benefits to children and our local schools, and the joy that volunteering has brought to staff who are participating."



Baseline Concussion Testing for Children

Parents of children who play contact sports may know about the risk of concussion. But concussions can also occur on the

playground or at home. A bump or jolt to the head or body may produce this type of mild traumatic brain injury.

Parents should know the signs of

a concussion, so they can get their child immediate medical care. It is also important for parents to ensure their children are aware of concussion symptoms, and to confirm that schools and coaches monitor for concussion and follow return-to-play and return-to-school guidelines.

"Baseline concussion testing, or neurocognitive testing, is another step parents can take," says Swedish neuropsychologist Renee Low, Ph.D. "Using ImPACT™, we evaluate memory, reaction time and processing speed to define the child's pre-concussion status. We use the results as a comparison should a concussion evaluation be needed later on."

Swedish Spine, Sports & Musculoskeletal Medicine offers baseline concussion testing at its Sports Concussion Clinic at Swedish Issaquah. For more information or to schedule an appointment, call 425-498-2272.

Sports Concussion Clinic

Bellevue, Issaquah, Redmond, Seattle
www.swedish.org/concussionclinic
 425-498-2272

Learn more about:

- Concussions at www.swedish.org/concussions
- Baseline testing at www.swedish.org/baselinetesting



Is it Gluten or FODMAP Intolerance?

Many parents restrict their children's gluten intake even though they have not been diagnosed with a specific allergy or celiac disease. Pediatricians caution that this type of dietary restriction can trigger other health issues.

Celiac disease is a serious condition in which gluten (found in wheat, rye, barley and other grains) causes inflammation of the intestinal tract. A damaged intestine does not absorb food properly, so children may become malnourished.

Some children can't tolerate certain foods, but they don't have celiac disease. With so much media attention on gluten intolerance, many parents have assumed gluten is the culprit. Scientists have learned, however, that gluten is probably not the cause of digestive problems in non-celiac children. Rather, it is more likely the fructans found in wheat and a few other foods.

Fructans are part of a group of

carbohydrates that are relatively difficult to digest called FODMAPs, which are found in some types of grains, fruits, vegetables, dairy products, sweeteners and legumes (beans, lentils, peas). Because Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols (FODMAPs) are not completely digested, they remain in the gut and ferment. Fermentation causes bloating, gas and abdominal pain. FODMAPs may also trigger diarrhea.

Symptoms of gluten and FODMAP intolerance are very similar — diarrhea, stomach upset, abdominal pain and bloating.

It is important to find the cause of any digestive problems, so you don't unintentionally delete foods that are vital to your child's growth. Call the Swedish pediatric gastroenterology team in Seattle at 206-215-2700 or at Swedish Issaquah at 425-313-7088 if you have questions about your child's digestive complaints, diet or nutrition.



Community Education

Programs in Your Neighborhood

Registration is required for all classes. Visit www.swedish.org/classes or call 206-386-2502 (unless otherwise noted) to: register for the following classes, see a full list of classes at all Swedish campuses or search for classes by region. Class information is subject to change.

Swedish Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)
Swedish Cherry Hill Campus: 500 17th Ave., 98122 (Central Seattle)
Swedish Edmonds Campus: 21601 76th Ave. W., 98026
Swedish First Hill Campus: 747 Broadway, 98122 (Seattle)

Swedish Issaquah Campus: 751 N.E. Blakely Drive, 98029
Swedish Mill Creek Campus: 13020 Meridian Ave. S., 98208 (Everett)
Swedish Orthopedic Institute: 601 Broadway, 98122 (Seattle)
Swedish Redmond Campus: 18100 N.E. Union Hill Road, 98052

CANCER EDUCATION

The Swedish Cancer Institute offers a variety of ongoing classes for those surviving a cancer diagnosis. Visit our Health & Wellness classes at www.swedish.org/classes for a complete listing.

Breast Cancer Resources

Have you or someone you know just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit www.swedish.org/now-what/breastcancer.

Voices of Breast Cancer

This new podcast is for anyone diagnosed with cancer and their loved ones. Each week, we focus on common questions and concerns—from dating and careers to parenting and the most important research and cancer treatments. Listen and/or download the regular podcasts at www.swedish.org/voices.

CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. Classes are offered regularly at all campuses. For more details, visit www.swedish.org/childbirthclasses or call 206-215-3338.

Featured Class:

Prenatal Genetic Testing: Which Tests Are Right For You?

Have you thought about testing to detect genetic conditions in your baby? The number of options makes an already complex, personal decision more confusing. Learn about available tests, review pros and cons, and leave prepared for more detailed conversations with your care provider. This class is ideal for anyone considering pregnancy and those in their first trimester (less than 14 weeks' gestation). **Fee:** \$25 (includes you and a guest). Offered Tuesdays at Swedish First Hill.

OB Speed Dating

If you're expecting or thinking about having a baby, we make it a little easier to find the right provider. When you come to OB Speed Dating, you'll meet providers who deliver at Swedish and get to know them in a fun, low-key environment in one-on-one interviews. Visit www.swedish.org/obspeeddating for dates, times and locations, and to sign up.

Pregnancy Resources

Are you thinking about having a baby or just finding out you're pregnant? Let Swedish guide you in taking those next steps. Visit www.swedish.org/now-what/pregnancy.

DIABETES EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications. Physician referral is required. Visit www.swedish.org/diabetes or call 206-215-2440 (Ballard, First Hill and Issaquah) or 425-640-4395 (Edmonds).

HEALTH AND WELL-BEING

Advance Care Planning Workshop

Do you know what medical decisions you would want someone to make if you were unable to speak for yourself? Join us for a free advance care planning workshop.

Edmonds: Sat., Jan. 10, Feb. 14, Mar. 14 or Apr. 11, 9-11:30 a.m.

Compassion Cultivation Training

This eight-week course helps you develop compassion, empathy and kindness for yourself and others. Learn to reduce stress, increase well-being and enhance your relationships through compassion education, discussion and listening/communication exercises. **Fee:** \$325 per person. Call 206-386-6888 for more information or to register.

First Hill: Mon., Jan. 26-Mar. 23, 4:30-6:30 p.m. (No class Feb. 16)

Bite Into a Healthy Lifestyle

Celebrate National Nutrition Month with tips for healthy shopping, cooking and eating. Class led by a registered dietitian in the Verdant Demo Teaching Kitchen. Samples provided. This free class has limited space. Registration is required.

Edmonds: Tues., Mar. 31, 6-7:30 p.m.

Exercise for a Healthy Heart

This medically supervised exercise and education program at Swedish Edmonds is for individuals living with or at risk of developing heart disease. Class focuses on controlling risk factors and making positive lifestyle changes. Those with heart disease, diabetes/prediabetes, and high blood pressure or cholesterol will benefit. Call 425-640-4330 for more information.

Healthy Weight Series

Whether you want to lose weight, or learn how to maintain your weight or your family's weight, this three-class series is for you. Learn the tools for everyday life, including: Shopping lists and recipes, reading food labels, and proper portion control. Learn about carbohydrates, proteins, fats, vitamins and minerals. Gain an understanding of your relationship with food. Call 206-386-3380 to learn more and register. **Fee:** \$68 (includes you and one guest).

First Hill: Wed., Jan. 14, 21 and 28, 6:30-8 p.m.

Heart Health in Your Kitchen

Give your heart some TLC with healthy cooking tips and recipes. A registered dietitian presents a cooking demonstration (with samples) and educational talk in the Verdant Demo Teaching Kitchen. This free class has limited space; registration is required. **Edmonds:** Tues., Feb. 10, 6-7:30 p.m.



Is It Hot in Here or Is It Just Me?

An OB/Gyn specialist will discuss the difference between perimenopause and menopause, and how to manage mood swings, hot flashes, weight gain and many other aspects of going through "the change."

First Hill: Wed., Feb. 11, 6:30-8 p.m.

Mindfulness-Based Stress Reduction

This eight-week series offers instruction in mindfulness meditation, gentle yoga and strategies to help you manage your medical care, physical symptoms and daily life stresses. **Fee:** \$375 per person. Call 206-386-2035 for more information and to register.

First Hill: Tues., Jan. 20-Mar. 10, 10 a.m.-12:30 p.m. or Wed., Jan. 28-Mar. 18, 4-6:30 p.m.

A Path to Wellness Without Psychiatric Medications

At least one-third of patients treated for depression do not achieve remission with traditional medications and therapy. Many others are unable to tolerate therapeutic doses of these medications. Learn about the efficacy of innovative treatments, such as transcranial magnetic stimulation.

Redmond: Wed., Jan. 28
Issaquah: Wed., Mar. 4, 6-7 p.m.

Pain and Beyond

People with painful conditions will learn coping techniques. Call 425-640-4140 for more information.

Edmonds: Every Friday, 3-5 p.m.

Prediabetes

Learn risk factors and dietary and lifestyle changes to help lower the risk of developing type 2 diabetes by up to 60 percent. **Fee:** \$35 (includes one support person).

Edmonds: Wed., Jan. 21 or Mar. 18, 6-8:30 p.m.; Tues., Feb. 17 or Apr. 14, 9:30 a.m.-noon

Woman to Woman — Your Changing Body

From motherhood to menopause, our bodies go through phases of change. Learn how to care for your body as you age in this discussion with women's health experts, including naturopathic physicians and specialists from the emerging urogynecology field. Bring your questions and girlfriends.

Issaquah: Wed., Feb. 4, 6-8 p.m.
Thurs., Mar. 12, 6-8 p.m.

Your Heart from A-V

Learn about heart and vascular conditions, from atrial fibrillation to valve stenosis, and how they can be prevented and treated. Get your blood pressure checked and enjoy heart-healthy appetizers.

Redmond: Thurs., Mar. 19, 6-8 p.m.

NUTRITION

Fundamentals of Flavor

Discover how to enhance the flavor of whole foods by balancing the five basic tastes: sweet, sour, salty, bitter and savory (umami). Learn to harmonize these qualities through recipes tailored to support heart health and diabetes management. **Fee:** \$15.

Issaquah: Wed., Feb. 4, 6-7:30 p.m.

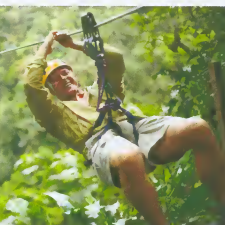
Spout into Spring with Flavors of Green

Spring is a time of vibrancy and renewal as tender greens boast an array of purifying flavors and nutrients. Learn to prepare spring greens in a variety of different, diabetes-friendly dishes. **Fee:** \$15.

Issaquah: Tues., Apr. 14, 6-7:30 p.m.

ORTHOPEDICS

Need hip- or knee-replacement surgery? Swedish offers a one-stop resource to guide you in taking the next steps and learning about your treatment options. Visit www.swedish.org/now-what/joint.



Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain, as well as options for surgical and nonsurgical relief.

Edmonds: Thurs., Feb. 12, 6-8 p.m.
Redmond: Thurs., Feb. 12 or Mar. 5, 6-8 p.m.

Joint Replacement: The Right Choice for You?

In this class, an orthopedic surgeon will discuss hip- and knee-replacement surgery along with robotic-assisted surgical methods.

Issaquah: Thurs., Jan. 29, 6-8 p.m. or Wed., Feb. 25 or Mar. 11, 6-8 p.m.

Swedish Orthopedic Institute (Seattle)

Thurs., Jan. 22, Feb. 12 or Mar. 12, 6-8 p.m.

Redmond: Thurs., Feb. 26, 6-8 p.m.

Edmonds: Thurs., Jan. 29, 6-8 p.m.

Ballard: Wed., Feb. 25, 6-8 p.m.

Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder (including sports injuries), how to prevent injury and surgical/nonsurgical solutions to common injuries.

Issaquah: Thurs., Mar. 3, 6-8 p.m.

Edmonds: Thurs., Mar. 12, 6-8 p.m.

These classes include a question-and-answer session. Select Health & Wellness at www.swedish.org/classes for a complete listing of orthopedic classes.

PARENTING

All About Puberty

The focus of this fun, interactive class is to demystify the challenges of puberty, enhance communication between parents and preteens (9- to 12-year-olds), and explain the physical and emotional changes ahead. Taught in partnership with Planned Parenthood of the Great Northwest. **Fee:** \$35 per family (includes one child and up to two adults; \$5 fee for each additional child or adult in the same family).

Parents and Boys Together

Cherry Hill: Mon., Feb. 2, 6:30-9 p.m.

Issaquah: Mon., Mar. 2, 6:30-9 p.m.

Ballard: Mon., Apr. 6, 6:30-9 p.m.

Parents and Girls Together

Cherry Hill: Mon., Feb. 9, 6:30-9 p.m.

Issaquah: Mon., Mar. 9, 6:30-9 p.m.

Ballard: Mon., Apr. 13, 6:30-9 p.m.

Tiger Mountain Music Together® Babies Class

Specifically designed for infants eight months and younger, this series of classes at Swedish Issaquah shows babies to embrace, enjoy and express their inborn musicality. Spend 45 music-filled minutes singing, dancing and playing with your child, all in the company of other new parents and guided by an early childhood music specialist. Classes are Tuesdays at 1 p.m., Jan. 13-Mar. 24 (no class Feb. 17). More information and registration are available at **425-395-4477** or www.tigermountainmusictogether.com.



SAFETY AND INJURY PREVENTION



Steady on Your Feet

Learn to maintain good balance and perform daily activities safely. Taught by physical and occupational therapists. **Edmonds:** Wed., Feb. 4 or Thurs., Apr. 9, 1:30-2:30 p.m.

HeartSaver CPR and AED

Learn how to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. **Fee:** \$40.

First Hill: Wed., Mar. 11, 6-9 p.m.

HeartSaver First Aid, CPR and AED

Learn how to save a life using pediatric and adult automated external defibrillator (AED) and CPR techniques and proper adult first aid. Participant certifications are valid for two years. **Fee:** \$70.

Issaquah: Sun., Feb. 8, 9 a.m.-2:30 p.m.

First Hill: Sun., Apr. 12, 9 a.m.-2:30 p.m.

SUPPORT GROUPS

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups. Please contact your health-care provider for help in locating a support group for your specific needs.

WEIGHT-LOSS



Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or nonsurgical weight-loss seminar.

Bellevue, Federal Way, Issaquah, Lynnwood and Seattle: For seminar dates in your area, visit www.swedishweightloss.com/seminars, or call **206-215-2090** or **425-313-7947**.

Edmonds: Weight Loss Services at Swedish Edmonds offers surgical and nonsurgical seminars. For dates, times and to register, visit www.swedish.org/edmondsweightloss or call **425-539-1940**.

Help With Your Health Plan Questions

The Affordable Care Act, which has made it possible for some people to get health insurance for the first time, requires that everyone be enrolled in an approved health plan by Feb. 15, 2015.

It can be confusing, though, to choose a plan — or to figure out if you even need to choose one.

Swedish can help answer your questions and confirm that Swedish is part of your plan.

Go online or call today.

www.swedish.org/exchange

Learn about the Washington Health Benefit Exchange.

www.swedish.org/insurance

Find out if Swedish is part of your plan's network.

Swedish Customer Service

206-701-7711

Monday through Friday, 8 a.m. to 6 p.m. Get help with all of your health plan questions.

Swedish liaisons.

Whether you want a doctor close to home or a clinic close to work, Access Swedish will help you make the connection that is just right for you.

Call **1-800-SWEDISH** today and discover the kind of patient-focused experience you've been looking for. Or visit www.swedish.org/physicians for an online physician directory.

SWEDISH

HealthWATCH

HealthWatch is meant to provide useful health-care information and is not intended to replace the advice of your doctor. If you have a question concerning your health, contact your physician. If you do not have one and want a free referral, call **1-800-SWEDISH (1-800-793-3474)** or visit our website at www.swedish.org.

Contact Information

Swedish Medical Center Locations

Swedish Ballard	206-782-2700
Swedish Cherry Hill (500 17th Ave.)	206-320-2000
Swedish Edmonds	425-640-4000
Swedish First Hill (747 Broadway)	206-386-6000
Swedish Issaquah	425-313-4000
Swedish Kirk Creek	425-357-3900
Swedish Redmond	206-320-5190

For addresses, visit www.swedish.org/locations

Swedish Primary Care

Ballard Clinic	206-320-3335
Balinger Clinic (Mountain Terrace)	425-640-4830
Central Seattle Clinic	206-320-4888
Children's Clinic - Edmonds	425-673-3456
Children's Clinic - Issaquah	425-394-1680
Children's Clinic - West Seattle	206-320-5780
Cle Elum Clinic	509-674-6779
Downtown Seattle Clinic	206-320-3351
Edmonds Birth & Family Clinic	425-640-4950
Factoria Clinic	425-541-4000
Family Medicine - Ballard	206-297-5100
Family Medicine - Cherry Hill	206-320-2484
Family Medicine - First Hill	206-386-6111
Groenlake Clinic	206-320-3400
Internal Medicine at Edmonds	425-640-4900
Issaquah Clinic	425-394-0700
Klatskanie Clinic	425-394-0620
Magnolia Clinic	206-320-3364
Mill Creek Clinic	425-357-3700
Pine Lake Clinic	425-455-2845
Redmond Clinic	206-320-5190
Snoqualmie Clinic	425-888-2016
South Lake Union Clinic	206-320-5200
Queen Anne Clinic	206-861-8500
West Seattle Clinic	206-320-3399

For addresses, visit www.swedish.org/primarycare

General Information

Marketing Communications	206-386-6797
HealthWatch Editor	206-386-6797
Class Registration and Community Health Education	206-386-2502
Cancer Education Center (Swedish Cancer Institute)	206-386-3200

Free Physician Referrals

1-800-SWEDISH (1-800-793-3474)

www.swedish.org/physicians

If you wish to be taken off the mailing list, please fill out the form at www.swedish.org/unsubscribe or call **206-386-6797**.



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swedish.org/blog

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SWEDISH

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Enhancing Your Primary Care

Your family doctor is your go-to person for day-to-day medical care. But did you know that integrative-medicine specialists can work hand-in-hand with your doctor to enhance the care you receive?

Integrative Medicine is a medical specialty that focuses on the whole person. Some people refer to it as a "mind, body and spirit" approach to care. It complements conventional Western medicine.

"As integrative-medicine specialists, our goal is to identify the root cause of a medical condition," says Tanmeet Sethi, M.D., an integrative-medicine specialist at Swedish Cherry Hill Family Medicine, who also has a background in traditional Indian (Ayurvedic) medicine. "Sometimes patients have tried various medications, but they still don't feel well. We use nutrition, botanicals and supplements, functional medicine, and various mind-body medicine tools, such as meditation, yoga, guided imagery, and drawing and writing exercises, to help patients correct core imbalances that may be driving disease."

Any patient may benefit from an integrative medicine consultation. Those with digestive-tract problems, auto-immune disease, fibromyalgia, headaches, hypertension, diabetes, high cholesterol, or anxiety and depression may find it particularly helpful.

For more information or to schedule an appointment, call **206-320-2484**.



Finding the Right Doctor

With just one call, Access Swedish will help you find the right doctor. No more guessing. No more thumbing through the yellow pages or scrolling through Google. Simply call **1-800-SWEDISH** Monday through Saturday from 7 a.m. to 9 p.m., or on Sunday from 8 a.m. to 5 p.m.

Local, friendly Access Swedish liaisons will help you find a doctor at any primary-care or specialty clinic within the Swedish network. They can also answer questions about whether a doctor is accepting new patients, the types of insurance the clinic accepts, and the location and hours of operation.

"It's very comforting to know that we are helping to make those personal connections to such extraordinary care," says Julie, one of the Access